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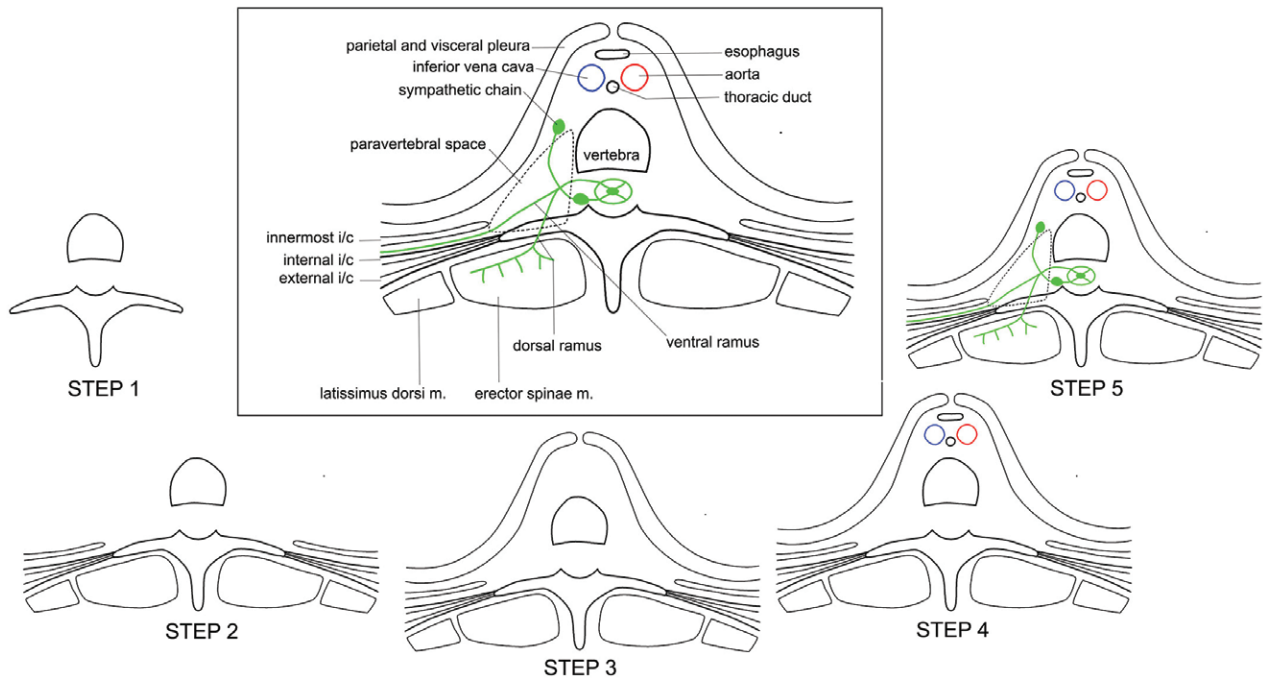


Fig. 2. Drawing the anatomy of the paravertebral space, redrawn by the author using the step-by-step instructions in *Quick Draw Anatomy for Anaesthetists*.

Dr. Fox has created a simplified and readily accessible group of anatomic drawings that quickly allow those studying to master the material. The diagrams are less anatomic drawings and more accurately called visual pneumonics—visual memory aides—simplified, standardized schematic drawings that provide a way for the student creating each drawing to recall the complex anatomy in an easy-to-remember and accurate way. The clear winner of our own book review and drawing session was able to quickly and nearly reproduce the anatomy of the eye (fig. 1).

I also thought I'd see for myself just how useful this approach to systematically building a few anatomic diagrams would be in the learning process. The anatomy of the paravertebral space is simple, but confusing, so I put on my illustrator's hat and tried my hand. The five-step process of drawing the anatomy that defines the paravertebral space starts with the vertebra, adds the paravertebral and intercostal muscles, follows with the esophagus, thoracic duct, and great vessels, continues with the positioning the neural elements, and finally finishes with delineating the limits of the paravertebral space (fig. 2). If you take the time to work through each element of these diagrams, the resulting

anatomy will be firmly engraved in your memory. A terrific learning aid.

How useful is this little book? The anatomy that is illustrated covers an enormous range, from the Circle of Willis, to the larynx, to the brachial plexus in 40 different drawings, each built step by step. The specific content is geared toward those preparing for the Fellow of the Royal College of Anaesthetists examinations, but much of the anatomy will be of use to others training and working in the field of anesthesia. The concept itself of using visual pneumonics is useful to all. For visual learners, the concept just can't be beat. Dr. Fox, congratulations on completing your training and thank you for creating and publishing this simple little book that will help those with a bent toward the visual to learn more quickly and effectively.

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